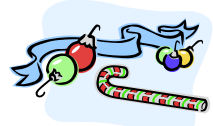# Urbana Senior Center

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www.FrederickCountyMD.gov/aging

December Program Highlights

The Inside Scoop: Education & Ice Cream

Holiday Caroling

Gather round the piano for some holiday caroling. Learn some brief history or trivia about caroling and the songs we'll sing. Enjoy some light refreshments.
Date: Tuesday, December 16
Time: 6:30 p.m.   **Cost:** Free

Holiday Luncheon and Re-Gifting Bingo

Celebrate the holidays with us! Lunch will include baked ham, candied sweet potatoes, green bean almondine, fruit ambrosia and cherry pie. Enjoy the tradition of pulling Crackers (a festive party favor). After the meal we'll play Bingo. Bring an item you'd like to re-gift and we'll use it as a bingo prize!
Date: Thursday, December 18
Sign-up by Wednesday, December 10
Time: Noon
Cost: $4.80 (Regular meal cost)

Preparing for the Holidays: Mentally and Emotionally

We will have a brief presentation followed by a discussion on how you can prepare yourself for the holiday season.
Date: Tuesday, December 16
Time: Noon
Cost: Free

Current Events Discussion Group

Each session will start with a summarization of an important breaking news event followed by a group discussion.
Date: 2nd and 4th Monday of each month
Time: 1:30 p.m.   **Cost:** Free

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Is there anything I can do to ease my aching joints: A discussion of arthritis remedies, treatments and scams."
Date: Thursday, December 11
Sign-up by Tuesday, December 9
Time: Noon
Cost: $4.80 (Regular meal cost)

Noon's Eve Meal

Ring in the New Year at Noon! Lunch will include pork loin, sauerkraut, mashed potatoes, green beans and fruit. Noisemakers will be provided.
Date: Tuesday, December 30
Sign-up by Tuesday, December 23
Time: Noon
Cost: $4.80 (Regular meal cost)

Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.
Date: Thursday, December 11
Appointments are encouraged
Time: 11:00 a.m.   **Cost:** Free

Mitten Tree

Donate mittens, gloves, hats and scarves to decorate our tree. In January we will give the items to a good cause.